



ASPIRE NEWSLETTER SERIES ON RECOMMENDATIONS FOR PROVIDING CARE TO LGBTQ+ PATIENTS AND FAMILIES

ISSUE 3

Confidentiality & Consent

Tips for how to best support LGBTQ+ patients:

- ☐ Normalize confidential, one-on-one discussions with adolescents and young adults as part of routine adolescent medical care.
Tip: Be familiar with your state's laws regarding confidential information and adolescent healthcare.
- ☐ Actively engage in consent with patients.
- ☐ Ask permission for sensitive questions and before examining patients.

Tip: Do not inform parents/guardians about the teen's sexual identity or behavior, especially for teens who may be in **unsafe situations**.

For more information and resources, access the AAP clinical guidelines: <https://www.aap.org/en/patient-care/lgbtq-health-and-wellness>

"One thing that did make me feel more comfortable was the fact that he said... 'Anything you tell me in the office is completely confidential. I won't tell your mother if you don't want me to. It will just be between us.'" [1]



According to one study, roughly **15%** of high school students in the U.S. identify as LGBTQ+. [2]

SOURCES

- [1] Fuzzell, L., Fedesco, H. N., Alexander, S. C., Fortenberry, J. D., & Shields, C. G. (2016). "I just think that doctors need to ask more questions": Sexual minority and majority adolescents' experiences talking about sexuality with healthcare providers. *Patient Education and Counseling*, 99(9), 1467–1472. <https://doi.org/10.1016/j.pec.2016.06.004>
- [2] Underwood JM, Brener N, Thornton J, et al. Overview and Methods for the Youth Risk Behavior Surveillance System — United States, 2019. *MMWR Suppl*. 2020;69(1):1-10. doi:10.15585/mmwr.su6901a1